



NEW JERSEY DEPARTMENT OF MILITARY AND VETERANS AFFAIRS
JOINT FORCE HEADQUARTERS
3650 SAYLORS POND ROAD
FORT DIX, NEW JERSEY 08640-5606

ARMY BULLETIN NO. 28

29 June 2004

TY-05 AGR ARMY PHYSICAL FITNESS TEST (APFT) AND WEIGH-IN SCHEDULE

1. References:

- a. AR 350-1, Army Training and Education
- b. AR 600-9, The Army Weight Control Program
- c. FM 21-20, Physical Fitness Training
- d. AR 40-501, Standards of Medical Fitness, Chapter 7

2. The AGR APFT will be conducted on the following dates during TY-05:

- 4 October 2004 – Semi-Annual
- 14 January 2005 – Make-up
- 2 May 2005 – Semi-Annual
- 22 July 2005 – Make-up

3. The test will be administered at Building 3650 and APFT field/track located at 18th Street and Alabama, Fort Dix, NJ. All Personnel will report to Bldg 3650 for weigh-in, push-up and sit-up events. Alternate stationary bike event will also be administered at Bldg 3650. At the conclusion of the sit-up event all personnel required to take the 2-mile run, 2 ½ mile walk and alternate bike event (track) will report to the APFT Track at 18th St and Alabama.

4. Inclement weather dates TBA.

5. Unit test schedule and times – See Enclosure 1.

6. All AGR soldiers will attend semi-annual APFT's, unless specifically excused by the Chief of Staff. Requests to be excused will be initiated by the individual in writing, through their chain of command, to the Chief of Staff.

7. Uniform:

- a. The ONLY AUTHORIZED UNIFORM is as follows:

(1) The physical fitness uniform as prescribed by Chapter 13, AR 670-1. (NOTE: The New Physical Fitness Uniform [IPFU] is the only authorized uniform. No elements of the PFU (old) are authorized for wear with the IPFU).

(2) The only optional items for wear are the black wool cap, black issued gloves, or gray or black biking shorts, which may be worn under the IPFU shorts.

- b. Headphones are not authorized during the conduct of the test.

8. Report location is Bldg **3650**, in PFU uniform, to include soldiers on profile.

9. Administrative Requirements for each MSC and J-Staff Section:

a. A roster of all **Excused** AGR personnel (See format in enclosure 2) will be forwarded to this HQ ATTN: J1 - AGR Manager, CW4 Niedt, NLT 15 days prior to scheduled APFT's.

b. Temporary and/or Permanent Profiles will accompany rosters. All profiles due for revalidation (over 5 years old) will be revalidated prior to the APFT. The office of the **J1, ATTN: CW4 Niedt, retains copies of profiles and the DA Form 705 for each AGR soldier.**

10. Taskings for events and equipment support (All APFT's).

a. J1-HRO provides administrative oversight, records and files APFT and weigh-in results on DA Form 705 and DA Form 5500/5501-R (as required) and tracks profile and flagging actions. Coordinates MFT and support personnel to conduct APFT's. Provides OIC for weigh-in.

b. J3 provides APFT OIC, oversees conduct of APFT's, schedules, procures, and clears APFT site for each event. Provide 15 clipboards, 3 stopwatches, 4 road vests, and 125 APFT vests for event. Provide one camcorder with film, tripod and charged battery to provide a film record of the finish line. Schedule APFT site as indicated in paragraph 2. Provide two stationary bicycles with ergometers, mats for push-up/sit-up events at Bldg 3650 and two track bicycles at the APFT track. Provide large digital finish line timing clock.

c. J4 provides water with cups at Bldg 3650 and the APFT track; two scales and tape measurers for height/weight verification in drill hall, Bldg 3650. 3 Buses will be provided to transport soldiers from bldg. 3650 to the APFT track.

d. J6 disseminates this correspondence electronically and in distribution as an Army Bulletin to each NJARNG unit.

e. NJARNG Medical Det provides 4 medical personnel to support APFT and screen profiles at Bldg 3650.

11. Taskings for Site Support (All APFT's):

a. NJARNG Master Fitness Trainer's (MFT's) and selected support personnel will administer APFT and weigh-in. MFT's and support personnel will be contacted directly by the J-1 office. ***ALL AGR MFT's supporting the APFT and AGR support personnel will be administered the APFT prior to semi-annual APFT's (dates TBA). This test will be coordinated by the J-3T office.***

b. 57th Trp Cmd provides 3 military bus drivers (Licensed) for shuttle between Bldg 3650 and PT Track.

c. T3BL provides 5 soldiers for APFT administration, checking in testing personnel, passing out vests, performing road guard duties (during the Run/Walk/Bike phase) at the corners of 18th, 16th, Buffalo and Alabama Streets. All support personnel will report to Bldg 3650 at 0700 to APFT OIC.

d. A grade the grader APFT will be conducted prior to semi-annual APFT's (dates TBA). All MFTs and support personnel (AGR) will attend this test. The test will be administered to the MFTs by the Drug Demand Reduction Team. All setup will be accomplished by the J-3T and J-1/HRO Shops.

12. Coordinating Instructions:

a. APFT IPR's will be scheduled for support OIC's, J-Staff and MSC's to back brief support plans to the J-3T (dates TBA).

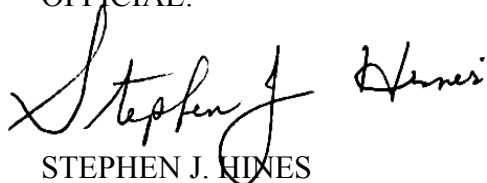
b. The drill floor at HQ, NJNG will be set up 1 day prior to all tests.

c. Scales will be calibrated at the time they are set up on the drill floor.

13. All requests for excusal from this event will be in writing, through the chain of command to the Chief of Staff.

14. The director of this action is the undersigned at (609) 562-0958.

OFFICIAL:



STEPHEN J. HINES
COL, GS, NJARNG
Chief of Staff

GLENN K. RIETH
Brigadier General, NJARNG
The Adjutant General

DISTRIBUTION: A, A2, B, C

2 Encls:

1. Schedule
2. Roster Format for AGR Soldiers

APFT SCHEDULE

MSC/UNITS

REPORT TIME

4 Oct 04:

JFHQ's
254th RTI, RTS-M, 63AB, Det 19 OSA
All 42nd DISCOM Units
T3BL

0730

All 50th Bde Units
All 57th Trp Cmd Units
NJARNG R&R Det

1030

14 Jan 05:

All

0730

2 May 05:

All 50th Bde Units
All 57th Trp Cmd Units
NJARNG R&R Det

0730

JFHQ's
254th RTI, RTS-M, 63AB, Det 19 OSA
All 42nd DISCOM Units
T3BL

1030

22 Jul 05:

All

0730

AGR APFT ROSTER (*Excused Personnel Only*)
(Unit and MSC)

<u>RANK</u>	<u>NAME</u>	<u>UNIT</u>	<u>APFT Events</u>			<u>Alternate Aerobic</u>
			<u>PU</u>	<u>SU</u>	<u>Run</u>	<u>Event & Profile Info</u>
SGT	DOE, JOHN	CO C 2/113	X	X	X	
CPT	DOE, JAMES	CO C 250 SIG	X	X		Bike (Track)-Age 56
SFC	SMITH, ALLEN	2-102 AR		X	X	Perm Profile (12 Jan 1999)
2LT	JONES, WILLIAM	HHC 5-117 CAV				Temp Profile (Exp 20 Oct 02)
SSG	KIDDEN, U. GOTTA	3-112 FA	X	X		Bike (Stationary)-Perm Profile (17 May 01)
MAJ	MAJOR, MAJOR	1-114 IN		X		Walk-Perm Profile (27 Oct 00)
SSG	O'DOLLY, HILL	CO C 2/113	X	X	X	

X – Indicates soldier takes the APFT event

Blank entry – Needs listing of type and date of valid military profile. Civilian “profiles” are not acceptable. All Permanent Profiles must be current (not older than 5 years old or last physical date)